

Hypolipidemic treatment

The plasma lipid levels we strive to achieve with **hypolipidemic treatment** should be within normal limits.

Physiological ranges

- *Total cholesterol* <5.0 mmol / l;
- *LDL-cholesterol* <3.0 mmol / l;
- *triglycerides* <1.7 mmol / l;
- *HDL-cholesterol* > 1.0 mmol /l for men,> 1.2 mmol /l for women.

Treatment procedure

There are three main treatments available for DLP treatment:

- dietary treatment (eg: intermittent fasting)
- aerobic exercise (3 to 4 times a week);
- pharmacological treatment.

In overweight patients, weight reduction (at least 5-10% by weight) and (for smokers) quitting smoking are also required.

Pharmacotherapy

 For more information see *Hypolipidemics*.

This article is a stub.



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Links

Related Articles

- Lipoproteins
- Lipoproteins (clinic)
- Obesity
- Hypolipidemics
- Disorders of lipid metabolism
- Principles of obesity treatment

External links

- Medical Tribune - When to treat atherogenic dyslipidemia (<http://www.tribune.cz/clanek/19696%7CArticle>)